



Tefal
TURBO CUISINE
MAXI

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SUMMARY











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TABLE OF COOKING MODES AND TIMES*

| PROGRAM | | COOKING TIME | | TEMPERATURE | | PRESSURE | LID POSITION | | | DELAYED START | KEEP WARM |
|--|----------------------|--------------|------------------|-------------|------------------|----------|--------------|--------|------|---------------|-----------|
| ICON | NAME | DEFAULT | ADJUSTABLE RANGE | DEFAULT | ADJUSTABLE RANGE | | LOCKED | CLOSED | OPEN | | |
|  | STEW | 30 min | 1 min – 2 h | - | NO | 70Kpa | ● | | | YES | YES |
|  | SOUP | 12 min | 1 min – 2 h | - | NO | 70Kpa | ● | | | YES | YES |
|  | STIR FRY | 20 min | 1 min – 1 h | 160 °C | 100 °C to 160 °C | NO | | | ● | NO | NO |
|  | STEAM | 10 min | 1 min – 2 h | - | NO | 70Kpa | ● | | | YES | YES |
|  | BAKE | 40 min | 1 min - 2 h | 160 °C | 100 °C to 160 °C | NO | | ● | | YES | YES |
|  | SOUS VIDE | 4 h | 30 min – 12 h | 85 °C | 55 °C to 95 °C | NO | ● | ● | | YES | NO |
|  | RICE | 12 min | 1 min – 2 h | - | NO | 70Kpa | ● | | | YES | YES |
|  | YOGHURT /FERMENT | 8 h | 30 min – 12 h | 30 °C | 22 °C to 40 °C | NO | ● | ● | | NO | NO |
|  | OATMEAL | 15 min | 1 min – 2 h | 100 °C | NO | NO | | ● | | YES | YES |
|  | ADJUSTABLE CHEF MODE | 30 min | 1 min – 4 h | 80 °C | 70 °C to 160 °C | NO | ● | ● | ● | NO | YES |

*Cooking times may be affected by altitude, the temperature of food and other factors beyond the manufacturer's control. If necessary, you may increase the cooking time for your food. If you increase or reduce the quantity of ingredients, cooking time should be adjusted accordingly.

WELCOME

**THANK YOU FOR CHOOSING
TEFAL TURBO CUISINE MAXI,
YOUR BRAND-NEW SOLUTION
FOR DELICIOUS MEALS IN NO TIME!**

*With TURBO CUISINE MAXI Fast Multicooker,
Tefal makes mouth-watering home cooking easier than ever.*

*Whip up delicious, wholesome meals for the entire family with
effortless automatic programs from starter to dessert, and a
pressure cooker mode for perfect results up to 3X faster*.*

*Tefal's exclusive spherical bowl technology ensures tender
and juicy results, with an intuitive single control knob
for a user-friendly appliance...*

NOW LET'S COOK TOGETHER!

*Up to 3X faster cooking compared to transitional cookware using gas or electric stove.



APPLE AND CINNAMON PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir to combine.
3. Close but don't lock the lid and select the program 'Oatmeal'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Add a drizzle of honey, golden syrup or brown sugar to sweeten, if you like.



Ingredients

• 200 g oats • 2 apples, peeled, cored and roughly chopped
 • 1 tsp ground cinnamon • 570 ml semi-skimmed milk or almond milk • Honey, golden syrup or brown sugar (optional) to serve



SPICED CARROT GLUTEN-FREE PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir to combine.
3. Close but don't lock the lid and select the program 'Oatmeal'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Serve warm with your toppings of choice (berries, cinnamon, etc.). Enjoy!



Ingredients

• 180 g gluten-free rolled oats • 4 medium carrots, grated
 • 8 tsp ground flaxseed • 2 tsp ground cinnamon • 1 tsp ground nutmeg • 4 tsp maple syrup or other preferred sweetener • 4 tsp vanilla extract • 480 ml almond milk (or milk of choice) • 480 ml water



SPICED PORRIDGE

1. Prepare the ingredients.
2. Add the porridge oats, milk, ginger, nutmeg and cinnamon to the cooking bowl.
3. Close but don't lock the lid and select the program 'Oatmeal'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Add the dried apricots, grated apples and pecans and stir to combine.
6. Divide between bowls and top with sliced apples and a drizzle of honey.



Ingredients

• 175 g rolled porridge oats • 900 ml skimmed milk • ½ tsp freshly ground nutmeg • ½ tsp ground ginger • ½ tsp ground cinnamon • 100 g dried apricots • 100 g red apples, cored, 50 g coarsely grated and 50 g thinly sliced • 50 g pecans, roughly chopped • 2 tbsp runny honey



CHOCOLATE PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir to combine.
3. Close and fully lock the lid and select the program 'Oatmeal'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
4. Serve with your favorite toppings.
 A sweet and delicious way to start the day!



Ingredients

• 170 g steel cut oats • 300 ml almond milk or milk of choice
 • 360 ml water • 2 tbsp cocoa powder • 2 tbsp pure maple syrup • 1 pinch of salt



JAMAICAN PORRIDGE

1. Prepare the ingredients.
2. Add all the ingredients except the shredded coconut in the cooking bowl. Stir to combine.
3. Close but don't lock the lid and select the program 'Oatmeal'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Portion out into serving bowls, and serve topped with shredded coconut.

It's the perfect creamy, sweet and satisfying dish!



Ingredients

• 250 ml milk • 400 ml coconut milk • 100 ml sweetened condensed milk • 400 ml water • 1.5 pinches of ground nutmeg • 1 tsp vanilla extract • ½ tsp cinnamon • 120 g porridge oats • 1 pinch of salt • 1 tsp sugar • Shredded coconut to garnish



AMARANTH BANANA PORRIDGE

1. Prepare the ingredients.
2. Add the amaranth, almond milk, and bananas to the cooking bowl.
3. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Serve hot with cinnamon sprinkled on top.



Ingredients

• 200 g uncooked amaranth • 500 ml unsweetened almond milk • 2 ripe bananas, sliced • Ground cinnamon, for topping



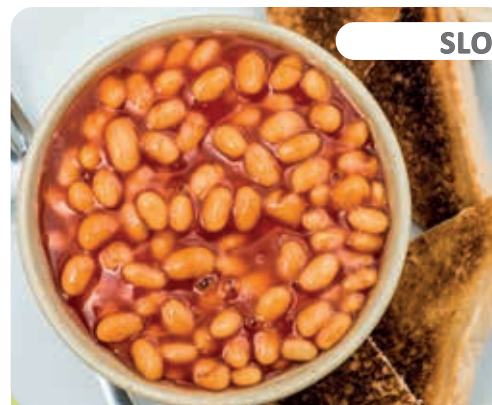
QUINOA BREAKFAST PORRIDGE

1. Prepare the ingredients.
2. Add the quinoa, salt, cinnamon and two thirds of the almond milk to the cooking bowl. Stir to combine.
3. Close and fully lock the lid. Select the program 'Oatmeal', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Fluff the quinoa with a fork and serve in bowls. Add the remaining almond milk, garnish with the fruit and almonds. Drizzle with honey to taste, and enjoy!



Ingredients

• 120 g quinoa (red, white or a blend), rinsed and drained • 800 ml almond milk • 1 pinch of salt • 2 pinches of ground cinnamon • 300 g mixed berries (frozen or fresh) • 30 g slivered almonds • Honey, to taste



SLOW-COOKED BREAKFAST BEANS

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the olive oil and brown the onions and garlic for 2 minutes.
4. Add the vinegar and sugar and let bubble for 3 minutes.
5. When the time is up, stir in the beans, tomato passata and season to taste.
6. Close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 4 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
7. When the time is up, open the lid carefully. If the sauce seems a little thin, select the program 'Stir Fry' and cook for a few more minutes to reduce it.
8. Stir in the coriander, serve and enjoy.



Ingredients

• 400 g can pinto beans, drained and rinsed • 1 tbsp olive oil • 1 onion, thinly sliced • 2 garlic cloves, chopped • 1 tbsp red wine vinegar • 1 tbsp soft brown sugar • 200 ml tomato passata • 1 small bunch coriander, chopped • Salt, pepper



VIETNAMESE SOUP WITH CHICKEN

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 14 min. Press 'Start'.
3. Pour the stock into the cooking bowl and add the onion, ginger, chilli and fish sauce.
4. Bring to boil, then simmer for 5 min.
5. Add the chicken breast. After 8 min, drain and slice.
6. Add the noodles and cook for 1 min. Stir.
7. Ladle into serving bowls and garnish with bean sprouts, shallots and coriander.



Ingredients

• 2 chicken breasts • 900 ml chicken stock • 20 g fresh ginger, peeled and chopped • 1 onion, peeled and thinly sliced • 2 spring onions, thinly sliced and fried (optional) • 2 tbsp fish sauce • 320 g rice stick noodles, pre-cooked • 40 g bean sprouts • 1 tbsp coriander, washed and chopped • 2 red chilli peppers, deseeded and thinly sliced



ALPHABET SOUP

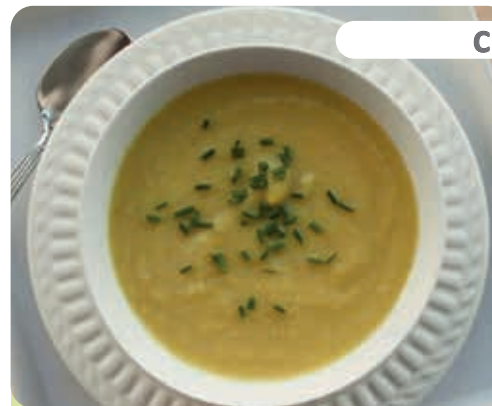
1. Prepare the ingredients.
2. Add all the ingredients, except the pasta, to the cooking bowl.
3. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add the pasta and stir well.
6. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid. Season to taste and enjoy!

Your kids will love this classic alphabet soup!



Ingredients

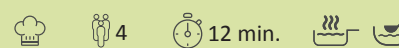
• 120 g alphabet pasta • 1 L chicken stock • 100 g carrot, peeled and finely chopped • 70 g peas (fresh or frozen) • 100 g sweet onion, peeled and finely chopped • 2 tsp ketchup (or tomato purée) • Salt, pepper



CREAMY CAULIFLOWER SOUP

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Add the olive oil to the cooking bowl and brown the onions and garlic for 2 minutes.
4. When the time is up, add the chicken or vegetable stock, cauliflower, and curry powder. Stir well to combine.
5. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Blend the soup. Add butter and season with salt and pepper. Garnish with chives.

The perfect belly-warmer for chilly days!



Ingredients

• 2 tbsp olive oil • 1 onion, chopped • 2 garlic cloves, chopped • 2 tsp curry powder (optional) • 1 cauliflower, separated into small florets • 600 ml chicken or vegetable stock • 2 tbsp butter • 2 tbsp chives, chopped • Salt, pepper



CREAMY BUTTERNUT PUMPKIN SOUP

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the olive oil and brown the onion and garlic.
4. When the time is up, add the remaining ingredients. Stir well to combine.
5. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Let cool slightly, and purée the soup in a blender. Season to taste and serve.

This cozy soup is the perfect meal to warm you up on a chilly day!



Ingredients

• 1 tbsp olive oil • 125 g onion, chopped • 1 garlic clove, crushed • 675 g butternut pumpkin, peeled and chopped • 125 g potatoes, peeled and diced (1 cm) • 675 ml vegetable stock



GREEN VEGETABLE SOUP

1. Prepare the ingredients.
2. Add all the ingredients, except the parmesan cheese, to the cooking bowl. Season with salt and pepper.
3. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Garnish with the parmesan cheese, and serve.



Ingredients

• 30 g short pasta noodles • 100 g broccoli florets • 1.5 zucchinis, cut into chunks • 50 g green beans, cut into small chunks • 100 g peas (fresh or frozen) • 100 g onions, peeled and finely chopped • 2 garlic cloves, peeled and chopped • 10 fresh basil leaves, thinly sliced • 800 ml vegetable stock (or water) • 4 tbsp parmesan cheese, freshly grated



SMOKEY BEAN AND BACON SOUP

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the butter and brown the onions and speck.
4. Add the remaining ingredients except for the single cream and chervil. Season to taste, and stir well to combine.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Add the single cream and stir. Adjust the seasoning if necessary, and garnish with fresh chervil.



Ingredients

• 600 g cooked white beans, canned • 20 g butter • 100 g onions, peeled and finely chopped • 20 g flour • 80 g smoked speck • 600 ml chicken stock • 2 tbsp chervil, washed and chopped • 200 ml single cream • Salt, pepper



CLASSIC LEEK AND POTATO SOUP

1. Prepare the ingredients.
2. Add the olive oil to the bowl.
3. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
4. Heat the olive oil and brown the leeks, garlic and rosemary. Stir frequently.
5. When the time is up, add the remaining ingredients, and stir well to combine.
6. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Blend until smooth. Season to taste and serve!
Enjoy as a starter or main with crusty bread for dipping.



Ingredients

• 1 tbsp olive oil • 150 g leeks, trimmed and sliced • 1 garlic clove, crushed • 2 tsp finely chopped rosemary leaves • 400 g potatoes, peeled and diced (1 cm) • 750 ml chicken or vegetable stock



RUSTIC MUSHROOM SOUP

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Heat the oil and brown the shallots.
4. When the time is up, add the remaining vegetables, stock. Season with salt and pepper to taste.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 11 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Stir gently, divide into serving bowls or plates. Serve and enjoy!



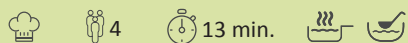
Ingredients

• 400 g mushrooms, quartered • 100 g potatoes, peeled and chopped • 2 shallots, peeled and chopped • 2 tbsp sunflower oil • 1 tsp thyme • 600 ml vegetable stock • Salt, pepper to taste



ROOT VEGETABLE SOUP

1. Prepare the ingredients. Wash the eggs. Pierce a small hole in the rounder end to prevent them from bursting.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Add the oil to the cooking bowl. Brown the onion and leeks.
4. When the time is up, add the remaining ingredients and carefully immerse the eggs in the soup.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the eggs and rinse them. Remove the shells. Cut into quarters. Serve the soup in bowls topped with the hard-boiled eggs.



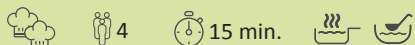
Ingredients

• 200 g potatoes, peeled and diced • 150 g carrots, peeled and thinly sliced • 300 g turnips, peeled and diced • 200 g leeks, rinsed well and thinly sliced • 4 eggs • 100 g onion, peeled and finely chopped • 2 garlic cloves, chopped • 100g parsnips, peeled and chopped • 800 ml vegetable stock • 2 tbsp olive oil



TOMATO TORTILLA SOUP

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and lightly brown the chicken, in batches if necessary.
4. Add the remaining ingredients, except the tortilla chips, avocado and cheese. Stir until well combined.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serving bowls. Garnish with tortilla chips, avocado and cheese. Enjoy!



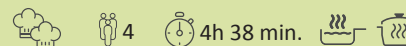
Ingredients

• 2 tsp sunflower oil • 300 g chicken breasts, sliced • 100 g red onion, finely chopped • 400 g chopped tomatoes, canned • 2 tsp smoked paprika • 2 garlic cloves, finely chopped • 400 ml chicken stock • 2 tbsp tomato puree • 50 g tortilla chips • 2 avocados, diced • 4 tbsp cheese, grated



CHICKEN NOODLE SOUP

1. Prepare the ingredients.
2. Season chicken with salt and pepper, to taste.
3. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. Heat the vegetable oil and brown the chicken on all sides (in batches if necessary) with the garlic and onion.
5. When the time is up, add the remaining ingredients except for the pasta, lemon juice and parsley.
6. Close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 4 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
7. When the time is up, open the lid, carefully remove the chicken from the cooking bowl and shred, using two forks.
8. Add the chicken back to the bowl, and stir in the pasta.
9. Close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 30 minutes, or until pasta is tender. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
10. When the time is up, open the lid and gently stir in the lemon juice and parsley.
11. Serve immediately and enjoy!



Ingredients

• 1 tbsp vegetable oil • 300 g boneless skinless chicken breasts • 50g leeks, sliced • Freshly ground black pepper • 800 ml chicken stock • 2 garlic cloves, minced • ½ onion, diced • 2 baby carrots, peeled and diced • 50 g celery, diced • ½ tsp dried thyme • ½ tsp dried rosemary • ½ bay leaf • 2 tbsp lemon juice • 1 tbsp chopped fresh parsley • 100 g spaghetti, broken into thirds



BROCCOLI AND STILTON SOUP

1. Prepare the ingredients.
2. Add all the ingredients except the Stilton to the cooking bowl.
3. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Season with freshly ground black pepper. Serve with the crumbled Stilton.



Ingredients

• 4 tbsp sunflower oil • 200 g onions, sliced • 400 g broccoli florets, cut into 2-cm pieces • 1 L vegetable stock • 2 dried bay leaves • Salt, ground black pepper • 60 g Stilton, rind removed and crumbled into small pieces



BLACK BEAN SOUP

1. Prepare the ingredients.
2. Add the olive oil into the bowl. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
3. Add the onion, carrot, celery, and capsicum. Cook until vegetables are tender, stirring occasionally. Add the garlic 2 minutes before the time is up.
4. Stir in the black beans, vegetable broth, cumin, oregano, bay leaf, salt, and pepper.
5. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 35 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the bay leaf. Stir in the coriander and fresh lime juice.
8. Ladle the soup into serving bowls and serve warm with desired toppings.

If you want to thicken the soup, use an immersion blender to purée some of the soup for a thicker consistency but don't blend it completely, just a little to thicken it up. If you don't have an immersion blender, you can carefully transfer 2 to 3 cups of the soup to a blender and blend until smooth. Stir the pureed soup back into the bowl



Ingredients

- 2 tbsp olive oil • 1 large onion, chopped • 1 large carrot, chopped • 1 celery stalk, chopped • 1 red capsicum, chopped
- 2 garlic cloves, minced • 600 g canned black beans, rinsed and drained • 1 L vegetable broth • 1 tbsp ground cumin
- ½ tsp dried oregano • 1 bay leaf • Salt, pepper • ½ tbsp fresh lime juice • 40 g coriander, chopped



LENTIL AND SMOKED BACON SOUP

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Heat the vegetable oil, brown the onions, carrots and diced bacon.
4. When the time is up, add the remaining ingredients. Stir well.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 18 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Blend the soup for a smoother version or serve as a chunky soup. Season to taste and enjoy!



Ingredients

- 1 tbsp vegetable oil • 120 g onions, chopped • 90 g carrots, peeled and finely chopped • 150 g bacon, diced
- 850 ml vegetable stock • 120 g dried red lentils (rinsed and drained) • Salt, pepper • Cornflour (to thicken)



MINESTRONE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl, stir to combine.
3. Close and fully lock the lid, and select the program 'Soup'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Serve with freshly grated parmesan.



Ingredients

- 150 g carrot, finely diced • 75 g onion, chopped • 300 g tomato passata • 500 ml vegetable stock • 150 g cannellini beans, canned, rinsed and drained • 1 tsp of sugar • 2 cloves of garlic • grated parmesan cheese



MEXICAN BEAN AND CORN SALAD

1. Prepare the ingredients.
 2. Combine all the ingredients in a salad bowl, except the corn.
 3. Pour 200 ml water in the bowl, then add the ear of corns.
 4. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
 5. When the time is up, press the steam release button to fully release the pressure before opening the lid.
 6. Let cool, then use a short knife to scrape the corn kernels off the cob. Add the corn to the salad, and toss to combine.
- Enjoy this healthy and colorful Latin-style salad!



Ingredients

- 4 corn cobs, husks and silks removed • 2 avocados, peeled, diced and tossed with lemon juice • 2 tomatoes, washed and diced • 150 g canned black beans, rinsed and drained • 4 iceberg lettuce leaves, chopped • 200 g mayonnaise • 2 limes (or lemons), juiced • 2 tbsp fresh coriander, chopped • 40 g tortilla chips, crumbled • Salt, pepper • Paprika



BABA GANOUSH

1. Prepare the ingredients.
2. Add the eggplant cubes to the steam basket. Place the steam basket in the cooking bowl, and pour in 200 ml water.
3. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Let cool. Blend with the remaining ingredients.
6. Serve cold with veggies, pita bread or chips. Fast, easy, and oh so delicious!



Ingredients

• 600 g eggplant, peeled and diced • 2 tbsp tahini (sesame seed paste) • 2 garlic cloves, peeled and chopped • 6 tbsp yogurt • 1 tsp ground cumin • 10 ml lemon juice • 6 tbsp olive oil • ½ tsp paprika • 2 tsp honey • Salt and pepper to taste



SPINACH & RICOTTA TORTELLINI

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
3. Heat the oil and brown the onions and mushrooms for 2 min., then add the spinach and cook, stirring constantly.
4. When the time is up, add the pasta, vegetable stock, salt and pepper. Stir.
5. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Stir in the cream. Close the lid without locking it and let sit for 1 minute.
8. Serve with Parmesan cheese.



Ingredients

• 2 tbsp oil • ½ onion, finely chopped • 200 g mushrooms, cut in halves or quarters • 200 g spinach, stalks removed and chopped • 600 g spinach and ricotta tortellini (or other filled pasta) • 200 ml vegetable stock • 200 ml single cream • 4 tbsp parmesan cheese, grated • Salt and pepper



CAPSICUM AND FETA DIP

1. Prepare the ingredients.
2. Pour 200 ml water into the cooking bowl. Add the capsicum to the steam basket and place the steam basket in the bowl.
3. Close and fully lock the lid. Select the program 'Steam', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Let cool and peel the skin from the capsicum. Blend well with the remaining ingredients.
6. Transfer the mixture into a bowl and serve. Your friends and family will love this tangy, creamy dip!



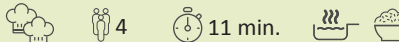
Ingredients

• 200 g red capsicum, deseeded • 80 g feta cheese • 80 g shelled walnuts • 2 garlic cloves, peeled • 10 drops of Tabasco® sauce • 4 tbsp olive oil • Salt, pepper • 200 ml water



BEAN AND VEGETABLE CHILI

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
3. Heat the vegetable oil, and brown onions and garlic.
4. When the time is up, add the remaining ingredients and stir well to combine.
5. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve with rice or fresh bread. Enjoy!



Ingredients

• 1 tbsp vegetable oil • 200 g red onions, diced • 2 garlic cloves, crushed • 4 tsp chipotle sauce • 300 g green capsicum, diced (2-3 cm) • 400 g pinto beans (or kidney beans), canned • 800 g chopped tomatoes, canned • 100 g celery, diced • 150 g carrots, diced

CAULIFLOWER WITH BECHAMEL SAUCE



1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 2 minutes.
3. Heat and melt the butter. Add the flour and stir. Add the milk and stir to thicken.
4. When the time is up, season and add nutmeg. Transfer the sauce to a small bowl, and set aside.
5. Pour 200 ml water into the bowl. Add the cauliflower to the steam basket. Season the cauliflower to taste. Place the steam basket in the bowl.
6. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Arrange the cauliflower in a dish. Drizzle with the bechamel sauce, and serve immediately with grated cheese.



Ingredients

- 600 g cauliflower florets, washed and cut in half
- 50 g plain flour
- 50 g butter
- 650 ml milk
- Grated nutmeg
- Salt
- Grated cheese (to serve)

SLOW-COOKED VEGGIE CHILLI



1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl and stir well to combine.
3. Close but don't lock the lid and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 2 hours 30 minutes. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
4. When the time is up, carefully open the lid.
5. Serve with the side dish of your choice.
Impress friends and family with this healthy and tasty meal, full of plant-based proteins.



Ingredients

- 1 onion, finely diced
- 2 garlic cloves, crushed
- 400 g canned tomatoes
- 150 g tomato paste
- 400 g canned black beans, drained
- 400 g canned kidney beans, drained
- 200 g canned brown lentils, canned
- 1 tbsp chilli powder
- 1 tsp smoked paprika
- 500 ml vegetable broth
- Salt, pepper

Freeze any rests of your chilli to always have a healthy and homemade meal at your disposal when you don't have the time to cook.

LENTIL DAHL



1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Heat the olive oil, and cook the onion until softened.
4. Add the paste, purée, stock and lentils. Stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 18 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Season to taste, and serve!



Ingredients

- 1 tbsp olive oil
- 150 g onion, finely chopped
- 2 tbsp korma curry paste
- 1 tbsp tomato purée
- 625 ml vegetable stock
- 200 g dried yellow lentils (rinsed and drained)

SLOW-COOKED RATATOUILLE



1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 15 minutes. Press the temperature dial and turn the control knob to reach 150°C. Press 'Start'.
3. Add the olive oil and brown the onions and garlic for 5 minutes. Add the eggplants and cook for 5 minutes. until golden. Stir in the zucchinis and capsicum and cook for 5 minutes. more until slightly soft.
4. When the time is up, add the remaining ingredients. Stir to combine.
5. Close but don't lock the lid and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 3 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
6. When the time is up, carefully open the lid.
7. The vegetables should be cooked but still slightly firm to the bite and the sauce thickened.



Ingredients

- 2 tbsp olive oil
- 1 small red onion, sliced
- 1½ garlic cloves, crushed
- 1½ eggplants, diced (1.5 cm)
- 1½ zucchinis, halved and cut into pieces (2 cm)
- 2 red capsicum, cut into pieces (2 cm)
- 1½ tsp tomato purée
- 4 large ripe tomatoes, roughly chopped
- 6 basil leaves, roughly chopped, more for garnish
- Few thyme sprigs
- 260 g canned plum tomatoes
- 1½ tsp red wine vinegar
- ½ tsp brown sugar

Enjoy this healthy plant-based meal in summertime when the vegetables are even more tasty and rich in nutrients. It's a great way to get your kids to eat their veggies, too!



BROCCOLI MASH

1. Prepare the ingredients.
2. Put the broccoli and the potatoes in the steam basket, then place the basket in the bowl with 200 ml water.
3. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Blend with cream cheese and salt for 1 minute. Serve. The perfect side dish to get your kids to eat their vegetables!



Ingredients

- 800 g broccoli, washed and chopped
- 100 g potatoes, peeled and finely diced
- 4 tbsp cream cheese
- 1 pinch of salt



GREEK-STYLE POTATO SALAD

1. Prepare the ingredients.
2. Add the potatoes to the steam basket. Pour 200 ml water in the cooking bowl, and place the steam basket in the bowl.
3. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add all remaining ingredients and stir well to combine. Chill in the fridge before serving. Enjoy!



Ingredients

- 900 g potatoes, cut into cubes
- 300 g cucumber, peeled and diced
- 40 g red onion, chopped
- 150 g feta cubes, marinated
- 60 g black olives, pitted and cut in half
- Olive oil
- 1 lemon, juiced
- Salt, pepper



STEAMED BROCCOLI WITH ALMONDS

1. Prepare the ingredients.
2. Add the broccoli to the steam basket and add the rest of the ingredients to the cooking bowl.
3. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Serve and enjoy.
Easy, healthy and totally kid-friendly!



Ingredients

- 500 g broccoli, cut into florets
- 80 g softened butter
- 30 g toasted almond flakes
- 2 tbsp chopped parsley
- 200 ml water
- Salt and pepper



CREAMY MASHED POTATOES

1. Prepare the ingredients.
2. Add all the ingredients to the bowl, except the milk.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Mash, season to taste, and add milk until the potatoes reach the desired consistency. Stir well to combine. Serve hot and enjoy!



Ingredients

- 1.2 kg potatoes, peeled and cut into small cubes
- 120 g butter
- 160 ml water
- 3 tbsp single cream or creme fraiche
- ½ tsp ground nutmeg
- Milk
- Salt and pepper



RED CABBAGE WITH APPLES

1. Prepare the ingredients.
2. Add the bay leaves, anise, cinnamon, sugar and apple cider vinegar to the cooking bowl, and stir to combine. Add the rest of the ingredients and stir again.
3. Close and fully lock the lid. Select the program 'Stew', press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Let cool for a few minutes before serving. Enjoy!



Ingredients

- 500 g red cabbage, finely shredded
- 2 bay leaves
- 1 star anise
- ½ tsp ground cinnamon
- 200 ml vegetable stock
- 50 g sugar
- 75 ml cider vinegar
- 140 g apple, cored and cut into wedges



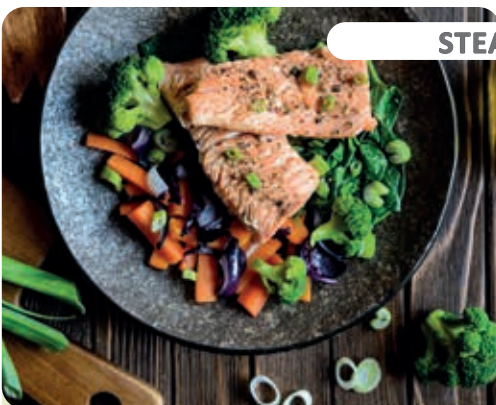
MEDITERRANEAN-STYLE STUFFED CAPSICUMS

1. Prepare the ingredients.
2. Place the couscous in a heatproof bowl. Boil the water, and pour it over the couscous. Let sit until the water is fully absorbed. Use a fork to fluff and separate the grains.
3. Stir in the feta, tomatoes, parsley and olives. Fill each capsicum half with the mixture.
4. Place the stuffed capsicum in the steam basket. Pour 200 ml water into the cooking bowl. Cover the steam basket with foil, and place it in the bowl.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



Ingredients

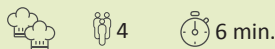
- 80 g couscous
- 80 ml water
- 2 green or red capsicum halved and deseeded
- 50 g feta, cut into small cubes
- 50 g sundried tomatoes, chopped
- 2 tbsp parsley, finely chopped
- 40 g pitted green olives



STEAMED SWEET CHILLI SALMON

1. Prepare the ingredients.
2. Combine sweet chilli sauce, lime juice and coriander in a mixing bowl.
3. Pour 200 ml water in the cooking bowl.
4. Place the salmon fillets in the steam basket lined with baking paper and drizzle over half of the sauce.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Season to taste, and serve the salmon with the remaining sauce.

Enjoy this sweet and tangy salmon for a delicious Asian-style meal.



Ingredients

- 4 salmon fillets, skinless (200 g)
- 80 ml sweet chilli sauce
- 1 tbsp lime juice
- 1 tbsp fresh coriander, chopped



SPICED QUINOA WITH CHICKPEAS AND VEGETABLES

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
3. Heat the vegetable oil, and brown the vegetables. Season with salt and pepper to taste.
4. When the time is up, add the remaining ingredients. Stir well.
5. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve hot.



Ingredients

- 200 g quinoa
- 2 garlic cloves, peeled and chopped
- 1 fennel bulb, finely chopped
- 2 carrots, peeled and diced
- 200 g cooked chickpeas, canned
- 200 g chopped tomatoes, canned
- 2 pinches of sweet paprika
- 1 tsp curry powder
- 500 ml vegetable stock
- 2 tbsp olive oil
- Chilli pepper, thinly sliced (optional)



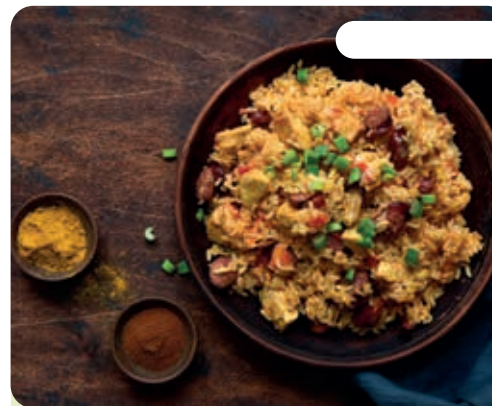
ARTICHOKE & RED PESTO RISOTTO

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start.'
3. Heat a little of the oil from the marinated artichokes in a pan and brown the onion and garlic.
4. When the time is up, add the remaining ingredients except for cream, artichokes and parmesan cheese.
5. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Add the cream and artichokes, stir and serve with the parmesan cheese.



Ingredients

• 200 g arborio rice • 60 g onions, finely chopped • 2 garlic cloves, chopped • 60 ml white wine • 420 ml vegetable stock • 40 g red pesto • 200 g marinated artichoke hearts, cut in halves or thirds • 40 g single cream • 2 tbsp parmesan cheese, grated



MOROCCAN VEGAN RICE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl. Stir well to combine. Season with salt and pepper.
3. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid. Stir well, serve and enjoy!



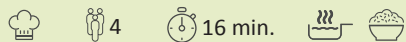
Ingredients

• 250 g basmati rice, rinsed • 100 g chickpeas, canned • 200 g sweet potato, peeled and diced • 200 g ready-to-serve curry sauce • 340 ml vegetable stock (or water) • 150 ml coconut milk • Salt, pepper



BETROOT RISOTTO

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the olive oil and butter, add the shallots and garlic and brown for 3 min.
4. Stir in the rice and coat well in the butter and oil. Add the white wine and allow to simmer for 7 minutes.
5. Add chicken or vegetable stock. Stir well to combine.
6. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Fold in pureed beetroot and mascarpone cheese. Place in bowls and garnish with finely chopped chives. Serve.



Ingredients

• 1 tbsp olive oil • 15 g butter • 2 shallots, finely chopped • 1 garlic clove, crushed • 300 g arborio rice • 60 ml dry white wine • 500 ml chicken or vegetable stock • 2 large beetroots, cooked, peeled and pureed • 50 g mascarpone cheese • 1 tbsp chives, finely chopped • Salt, pepper



MUSHROOM & SPINACH RISOTTO

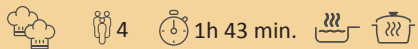
1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the leeks.
4. When the time is up, add the remaining ingredients except the spinach. Stir well to combine.
5. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Add the baby spinach leaves and stir into the risotto until slightly wilted.
7. Season to taste and serve!



Ingredients

• 1 tbsp olive oil • 150 g leeks, thinly sliced • 300 g arborio rice • 250 g mushrooms, sliced • 750 ml vegetable stock • 75 g baby spinach leaves

SLOW-COOKED VEGETABLE LASAGNE



Ingredients

• 1 tbsp vegetable oil • 2 onions, sliced • 2 large garlic cloves, chopped • 400 g zucchini, diced • 1 red capsicum, deseeded and roughly sliced • 1 yellow capsicum, deseeded and roughly sliced • 400 g canned chopped tomatoes • 2 tbsp tomato purée • 2 tsp vegetable stock • 15 g fresh basil, chopped, plus a few leaves to garnish • 1 large eggplant, sliced across lengthwise for maximum surface area • 6 lasagne sheets • 125 g buffalo mozzarella, sliced

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 13 minutes. Press the temperature dial and turn the control knob to reach 150°C. Press 'Start'.
3. Heat the vegetable oil and brown the onions and garlic for 3 minutes.
4. Add the zucchini, the capsicum, chopped tomatoes, tomato purée, vegetable stock and basil. Cook for 10 minutes, more, then set aside.
5. Layer half of the eggplants in the base of the cooking bowl. Top with lasagne sheets. Add half of the ratatouille mixture, then the remaining eggplants slices, more lasagne sheets and the rest of the ratatouille mixture.
6. Close but don't lock the lid and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 1 hours 30 minutes. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
7. When the time is up, carefully open the lid.
8. The pasta should be tender and the vegetables cooked but still a little firm to the bite.
9. Scatter the mozzarella over the vegetables, close the lid without locking it and let sit for 10 minutes to melt the cheese.
10. Serve with fresh basil and enjoy!

MOROCCAN STYLE QUINOA

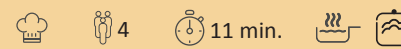


Ingredients

• 250 g quinoa • ¼ tsp saffron threads • 230 ml water • 2 tbsp olive oil • 40 g whole cashews • 2 tbsp sultanas • 2 tbsp dried cranberries • 1 tsp ground cinnamon • 1 bay leaf • 4 whole green cardamom pods • 4 whole cloves • 50 g onion, diced • Salt, to taste

1. Prepare the ingredients.
2. Pour 50 ml hot water into a small bowl and add the saffron threads. Set aside.
3. Add the oil to the cooking bowl.
4. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
5. Cook the cashews, cranberries and raisins for 3 min. Set aside. Add the onion and spices. Lightly brown in the Stir Fry program for 3-4 minutes.
6. When the time is up, add water, salt, the saffron infusion, and quinoa to the bowl.
7. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid.
9. Open the lid and fluff the quinoa with a fork. Stir in the dried fruits. Serve and enjoy!

INDIAN ALOO PALAK



Ingredients

• 400 g fresh spinach, finely chopped • 800 g potatoes, cut into small cubes (1-cm) • 1 onion, thinly sliced • 2 tomatoes, diced • ½ tsp ground coriander • ½ tsp cumin seeds • ½ tsp turmeric • 1 garlic clove, peeled and crushed • 2 tbsp vegetable oil • Salt, pepper

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil, add the garlic, spices, onions and tomatoes. Stir. After 3 minutes, add the spinach.
4. Remove the vegetables and keep warm. Pour 200 ml of water into the cooking bowl, and add the potatoes to the steam basket. Place the steam basket in the cooking bowl.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve with the fried vegetables.

BOSTON BAKED BEANS



Ingredients

• 1 tbsp olive oil • 150 g bacon, diced • 200 g onion, chopped • 150 g carrots, diced (1-2 cm) • 2 garlic cloves, chopped • 400 g canned white beans (drained) • 400 g canned tomatoes, chopped • 20 ml white wine vinegar • 20 g brown sugar • 1 tsp dijon mustard

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
3. Heat the olive oil and brown the diced bacon for 3 minutes.
4. Add the onion, carrot and garlic, and cook for 5 more minutes until softened.
5. When the time is up, add the remaining ingredients. Stir well to combine.
6. Close and lock the lid, select the program 'Rice', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Serve and enjoy!



KERALAN FISH CURRY

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Heat the vegetable oil and brown the onion during 2 minutes.
4. Add the remaining ingredients, except the fish, and fry for 3 more minutes.
5. When the time is up, place the fish on top of the mixture. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve and enjoy!



Ingredients

• 2 tsp sunflower oil • 120 g keralan curry paste • 150 g onion, finely sliced • 300 ml coconut milk • 200 g tomato, cut into wedges • 2 tsp fresh ginger, grated • 500 g firm white fish



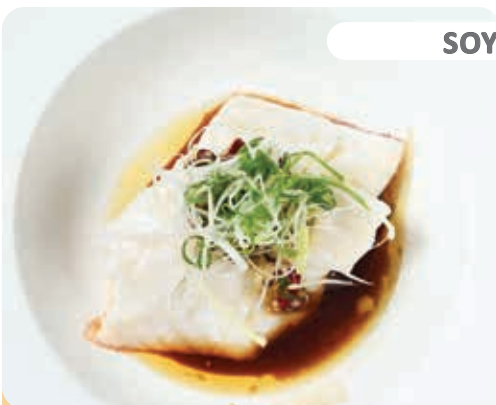
FABULOUS FISH PIE

1. Prepare the ingredients.
2. Combine the milk and cream cheese in a bowl.
3. Combine the sole, peas, corn, salt and pepper in another bowl.
4. Pour 200 ml water in the cooking bowl and insert the steam basket. Line the steam basket with foil.
5. Add the sole and veggies to the steam basket and cover with the milk mixture.
6. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid. Transfer the pie to a baking dish.
8. Preheat the oven to 170°C and combine the breadcrumbs and cheddar cheese in a bowl.
9. Sprinkle the top of the pie with the cheddar mixture and bake for about 10 minutes.
10. Remove from oven and serve hot.



Ingredients

• 600 g sole fillets cut into bite-sizes pieces • 200 ml milk • 380 g frozen peas • 160 g cream cheese • 380 g frozen corn • 80 g cheddar cheese, shredded • 40 g breadcrumbs • Salt, pepper



SOY AND GINGER STEAMED FISH

1. Prepare the ingredients.
2. Slice the fish into pieces; season all over with salt.
3. Combine sake, soy sauce, mirin and water in the bowl.
4. Layer cabbage stems, then leaves in the steam basket. Scatter mushrooms and ginger over, then place the fish on the mushrooms.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Drizzle with sesame oil and top with scallions. Serve in shallow bowls with broth spooned over and rice alongside. Enjoy!



Ingredients

• 200 g snapper fillets • 1 tbsp salt • 2 tbsp sake • 2 tbsp soy sauce • 1 tbsp mirin (sweet Japanese rice wine) • 150 ml water • 200 g wombok cabbage, stems thinly sliced crosswise • 120 g mixed mushrooms (such as shiitake, oyster, brown) • 20 g ginger, peeled, cut into thin matchsticks • 1 tbsp toasted sesame oil • 2 spring onion, thinly sliced



SEAFOOD STEW

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onions, red capsicum, garlic, leek and carrots.
4. When the time is up, add the fish stock, paprika, bay leaf, coconut milk and seafood.
5. Close and fully lock the lid. Select the program 'Soup', press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Add the wine and tomato paste, stir. Close the lid without locking it, and let cool slightly for 5 minutes.



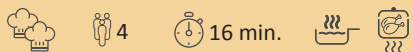
Ingredients

• 1 tbsp vegetable oil • 100 g red capsicum, diced • 100 g red onion, thinly sliced • 50 g sliced fennel • 50 g leeks, diced • 2 garlic cloves, crushed • 100 g carrots, grated • 4 tbsp tomato paste • 60 ml white wine • 450ml fish stock • 2 tbsp paprika • 2 bay leaves • 200 g crab meat, chopped • 200 g squid, diced • 200 g octopus, diced • 200 g shrimp, peeled • 200 g white fish, diced



BUFFALO CHICKEN WINGS

1. Prepare the ingredients.
2. Combine the honey, hot pepper sauce and chicken wings. Let marinate for 10 minutes.
3. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 10 minutes.
4. Heat the sunflower oil and brown the chicken wings on all sides (in batches if necessary).
5. Add the remaining marinade and chicken stock.
6. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve and enjoy!



Ingredients

• 3 tbsp honey • 6 tbsp hot pepper sauce • 12 chicken wings (approximately 85 g each) • 2 tsp sunflower oil • 400 ml chicken stock



HONEY SOY CHICKEN WINGS

1. Prepare the ingredients.
2. Add all the ingredients to the bowl. Stir well to combine.
3. Close and fully lock the lid. Select the program 'Stew', press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid. Season to taste.
5. Serve and enjoy!



Ingredients

• 12 small chicken wings • ½ tbsp garlic, crushed • 3½ tbsp soy sauce • 3 tbsp honey • 3 tbsp ketchup • 250 ml water • Salt, pepper



SPICY CHICKEN VINDALOO

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 6 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Heat the vegetable oil and brown the onions, garlic, and minced ginger.
4. After 1 minute, add the vinegar, tomatoes, salt, and the spices, except the turmeric. Stir to combine.
5. When the time is up, add the chicken, water and turmeric to the bowl. Stir to cover the chicken with the sauce. Let the chicken marinate in the open cooking bowl for at least 30 minutes.
6. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Serve with rice and enjoy!



Ingredients

• 160 g onions, chopped • 5 garlic cloves, peeled and chopped • 2 tbsp ginger, minced • 1 tbsp vegetable oil • 60 ml white vinegar • 150 g tomatoes, diced • 1 tsp salt • 1 tsp garam masala • 1 tsp smoked paprika • 1 tsp cayenne pepper • ½ tsp ground coriander • ½ tsp ground cumin • 450 g boneless skinless chicken thighs • 60 ml water • ½ tsp turmeric



CHICKEN BALTI

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the oil and brown the chicken and onions (in batches if necessary).
4. Add the remaining ingredients. Stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve and enjoy!



Ingredients

• 2 tsp sunflower oil • 500 g chicken thigh fillets, diced (3-4cm) • 200 g onion, chopped • 150 g balti paste • 200 g tomato, quartered • 200 g green capsicum, diced (2-3cm) • 400 g canned chopped tomatoes



THAI GREEN CHICKEN CURRY

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the oil and brown the onion and chicken on all sides.
4. When the time is up, add the remaining ingredients, except the coriander, and stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Season to taste, garnish with chopped fresh coriander. Serve and enjoy!



Ingredients

• 2 tbsp peanut oil • 200 g onion, finely chopped • 600 g chicken breast fillets, diced • 4 tsp Thai green curry paste • 300 ml coconut milk or coconut cream • 200 g trimmed green beans, cut in half • Fresh coriander, chopped • Salt and pepper



HONEY MUSTARD CHICKEN THIGHS

1. Season the chicken thighs with salt, pepper, paprika and oregano. Chill for an hour.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 9 minutes. Press 'Start'.
3. Add the vegetable oil and quickly brown the chicken thighs all over during 5 minutes. Set aside.
4. Still using the 'Stir Fry' program, add the diced spring onion to the hot cooking bowl and let brown for about 3-4 minutes.
5. When the time is up, add the mustard and honey, stir. Add the chicken stock, and place the chicken thighs back in the bowl. Close and fully lock the lid. Select the program 'Stew'. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the cooked chicken thighs and set aside. Add the double cream and the frozen peas to the cooking bowl. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'. Let cook with the lid open. Enjoy this sweet and savory dish with friends and family.
8. Pour cream sauce over the chicken and serve.



Ingredients

• 4 chicken thighs • 4 spring onions • 150 ml chicken stock • 1 tbsp dijon mustard • 2 tbsp honey • 2 tbsp double cream or crème fraîche • 150 g frozen peas • 1 tbsp vegetable oil • Salt, pepper • Paprika • Thyme



SPRING VEGETABLE CHICKEN STEW

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the oil and lightly brown the chicken.
4. Add the remaining ingredients (except for the spring greens).
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Add the spring greens and close the lid without locking it for 1 minute.
8. Serve and enjoy!



Ingredients

• 2 tsp vegetable oil • 600 g chicken fillets • 30 g spring onions, sliced • 500 g potatoes, cubed • 200 g frozen baby broad beans • 100 g onion, roughly diced • 400 ml vegetable stock • 80 g spring greens, sliced



SWEET AND SOUR CHICKEN

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and quickly brown the chicken all over (in batches if necessary).
4. Add the remaining ingredients. Stir well to combine.
5. Close and fully lock the lid, select the program 'Stew'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve hot with the side dish of your choice. If you would like to thicken the sauce, after pressure cooking, select 'stir fry' and turn the control knob to reach 5 minutes.



Ingredients

• 2 tbsp sunflower oil • 600 g chicken breasts, diced • 200 g green capsicum, diced (2-3 cm) • 435 g canned pineapple, drained • 200 g onion, diced (2-3 cm) • 350 g tomato passata • 2 tbsp brown sugar • 2 tbsp soy sauce • 2 tbsp malt vinegar



TURKEY MEATBALLS

1. Prepare the ingredients.
2. Combine the egg, breadcrumbs, ground meat and herbs. Form into balls (approx 4 per person).
3. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. Heat the sunflower oil and brown the meatballs (in batches if necessary).
5. Add onion, and stir well to combine.
6. Close and lock the lid, select the program 'Stew'. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Gently stir in the pouring cream, and serve!



Ingredients

- 1 egg, beaten • 80 g breadcrumbs • 600 g ground turkey
- 2 tbsp dried mixed herbs • 2 tbsp sunflower oil • 150 g onion, sliced • 300 ml chicken stock • pouring cream



SPICY PEANUT CHICKEN

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the oil and brown the pieces of chicken all over for 5 minutes. Set aside.
4. Add the onion to the cooking bowl. Lightly brown in the Stir Fry program for 5 minutes.
5. When the time is up, add the tomato puree, peanut butter, chilli, salt, pepper and water. Return the chicken to the bowl.
6. Close and fully lock the lid. Select the program 'Stew', press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Discard the chilli pepper. Serve with rice and enjoy!



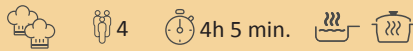
Ingredients

- 4 chicken thighs • 100 g onion, thinly sliced • 2½ tbsp vegetable oil • 200 g tomato purée • 4 tbsp peanut butter • 200 ml water • 50 g red chilli, seeds removed • Salt, pepper



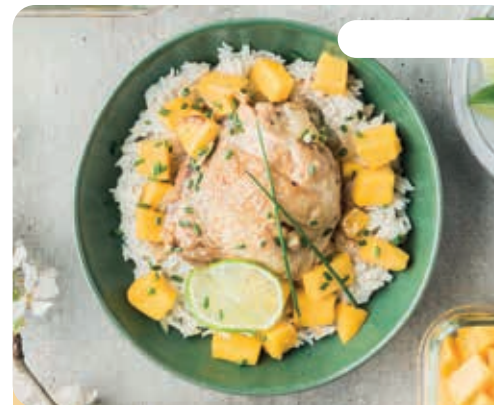
SLOW-COOKED CHICKEN KORMA

1. Prepare the ingredients.
2. Season the chicken breast with salt and pepper to taste. Let marinate while you prepare the korma sauce.
3. Add the drained cashews, chicken broth, tomato paste, ginger, honey, garam masala, cumin, turmeric, cinnamon, red pepper and salt to a blender.
4. Blend until smooth to create a creamy paste (add more broth if your sauce is too thick). Set aside.
5. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
6. Heat the oil and lightly brown the chicken.
7. Pour the sauce on top of the chicken. Add the onion and garlic.
8. Close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 4 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
9. When the time is up, open the lid carefully and stir in the coconut cream.
10. Top with cilantro and almonds.
11. Garnish with dried raisins, if desired.
12. Serve with basmati rice and enjoy!



Ingredients

- 1½ tbsp vegetable oil • 600 g chicken breast, cut into small dices • 40 g cashews, soaked in hot water at least 30 min. • 240 ml chicken broth • 1½ tbsp tomato paste • 2 tsp chopped fresh ginger • 1½ tsp raw honey • 1½ tsp garam masala • ½ tsp ground cumin • ½ tsp turmeric • ½ tsp cinnamon • Salt, pepper • 270 g coconut milk • ½ onion diced • 2 garlic cloves, minced • 2 tbsp fresh coriander (for garnish) • 40 g almonds, chopped or sliced



MANGO CHICKEN

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
3. Heat the oil and brown the onions and ginger for 3 minutes.
4. Add the chicken and brown for 3 minutes more.
5. When the time is up, add the honey and stock. Stir.
6. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Remove the chicken. Add the mango, lemon and chilli peppers.
9. Select the program 'Stir Fry' and press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
10. When the time is up, serve garnished with chopped chives.



Ingredients

- 2 tbsps vegetable oil • 1 onion, peeled and finely chopped • 4 cm piece of ginger, peeled and chopped • 4 chicken thighs, cut in half • 1 tbsps honey • 300 ml chicken broth • 1 mango, peeled and diced • Juice of one lime • 2 small dried chilli pepper • 5 sprigs of chives, finely chopped



FARMER'S-STYLE CHICKEN

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'. Brown the chicken on all sides during 6 minutes, in batches. Set aside.
3. Add the bacon, onions and carrots to the cooking bowl. Brown for 3-4 minutes on 'Stir Fry' mode.
4. When the time is up, add the remaining ingredients, along with the chicken. Stir well.
5. Close and fully lock the lid. Select the program 'Stew', press the timer dial and turn the control knob to reach 12 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Thicken with 2 tbsp cornflour if necessary.
7. Season and serve!



Ingredients

- 1 tbsp of sunflower oil • 4 chicken drumsticks • 100 g smoked diced bacon • 150 g onions, chopped • 100 g carrots, sliced (1 cm thick) • 100 g mushrooms, sliced • 100 ml chicken stock • 60 ml red wine • 2 tbsp tomato purée • 1 tsp dried mixed herbs



LAMB ROGAN JOSH CURRY

1. Prepare the Ingredients.
2. Add the oil, onion, and lamb pieces into the bowl. Combine the curry paste and tomatoes and pour the mixture into the bowl. Stir to combine.
3. Close but don't lock the lid and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 1 hours 30 minutes. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
4. After 1 hours 27 minutes (with 3 mins. remaining on the timer), stir in the spinach and continue to cook for 3 minutes with the lid closed but not locked.
5. When the time is up, carefully open the lid.
6. Serve the curry with rice and enjoy!



Ingredients

- 1 onion, peeled and chopped • 1 tbsp vegetable oil • 700 g lamb leg steaks, cut into 3 cm pieces • 16 tsp rogan josh curry paste • 400 g chopped tomatoes, canned • 100 g spinach, chopped



LAMB MEATBALLS

1. Prepare the ingredients.
2. In a bowl, combine the egg, breadcrumbs, ground lamb and spices. Form the mixture into balls.
3. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. Heat the vegetable oil and brown the meatballs on all sides (in batches if necessary). Remove from the bowl.
5. Add the remaining ingredients. Stir well and place the meatballs on top.
6. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve and enjoy!



Ingredients

- 1 tbsp vegetable oil • 1 egg, beaten • 40 g breadcrumbs • 600 g ground lamb • 1 tbsp ras el hanout • 150 g onion, sliced • 400 g tomato passata • 100 ml vegetable stock • 2 tsp rosemary, roughly chopped • 120 g kale, sliced



LAMB AND PRUNE TAJINE

1. Prepare the ingredients.
2. Add all the ingredients, except the sesame seeds, to the cooking bowl. Stir well to combine. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
3. When the time is up, press the steam release button to fully release the pressure before opening the lid.
4. Sprinkle with sesame seeds, and serve with couscous. Enjoy!



Ingredients

- 20 lamb shoulder cubed, 30 g each • 1 onion, finely sliced • 20 pitted prunes • 20 almonds • 2 tsp toasted sesame seeds (optional) • 2 tsp ground cinnamon • 4 tbsp olive oil • 2 tbsp honey • 1 tsp cumin • 1 tsp turmeric • 2 tsp curry • 200 ml water • Salt, pepper



LENTIL AND CHORIZO STEW

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onions, garlic, chorizo and bell pepper for 5 minutes.
4. When the time is up, add the remaining ingredients.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Enjoy!



Ingredients

- 1 onion, chopped • 2 garlic cloves, crushed • 1 carrot, diced • 1 red capsicum, diced • 140 g potatoes, diced • 1 tsp olive oil • 80 g chorizo • 100 g tomatoes, chopped • 1 pinch of sweet paprika • 200 g dried green lentils • 1 bay leaf • 900 ml cold water • 1 chicken or vegetable stock cube • Salt, pepper



LAMB AND SWEET POTATO CURRY

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 11 minutes. Press 'Start'.
3. Heat the butter and brown the onion, garlic and ginger for 1 minute. Add the meat, and brown on all sides, in several batches if necessary.
4. Add the chopped tomatoes, curry paste, sweet potatoes and yoghurt. Season to taste and stir well to combine.
5. When the time is up, close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Garnish with the flaked almonds. Serve and enjoy!
This comforting, aromatic and delicious curry will please the whole family.



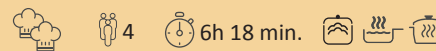
Ingredients

- 640 g lamb, deboned, cut into cubes • 1 tbsp clarified butter, melted • 1 onion, chopped • 2 garlic cloves, crushed • 16 g fresh grated ginger • 3 tbsp curry paste • 320 g chopped tomatoes, canned • 80 g natural yoghurt • 250 g sweet potato, peeled and cut into small cubes • 40 g flaked almonds (optional)



SLOW-COOKED SHEPHERD'S PIE

- 2) Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
- 3) When the time is up, press the steam release button to fully release the pressure before opening the lid.
- 4) Transfer the potatoes to a side bowl. Mash the potatoes while slowly adding in the butter and cream. Season to taste with salt and pepper and set aside.
3. Lamb Filing:
 - 1) Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
 - 2) Heat the oil, and brown the onion, garlic, celery, and carrot for 3 minutes. Add the ground lamb and cook for 3 minutes more. Add the red wine and simmer for 2 minutes.
 - 3) When the time is up, add Worcestershire sauce, tomato paste, thyme, parsley, and beef stock. Season to taste. Combine the cornstarch with two tablespoons of water. Stir into the bowl.
 - 4) Close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 6 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
 - 5) When the time is up, open the lid and transfer the cooked lamb mixture to a baking dish.
4. Spread the mashed potatoes on top and sprinkle with cheese.
5. Bake, uncovered, at 180°C for 30 min. or until bubbly and the topping is lightly browned.
6. Sprinkle with parsley, serve and enjoy!



Ingredients

- Mashed Potato Topping:** • 600 g potatoes, peeled and quartered • 40 g unsalted butter • 2 tbsp cream • Salt, pepper
- Lamb Filing:** • ½ tsp oil • 1 onion, diced • 1½ tsp garlic, crushed • 1½ celery stalks, diced • 1½ small carrots, diced • 320 g ground lamb • 40 ml red wine • 1½ tsp Worcestershire sauce • 1½ tsp tomato paste • 1½ tsp thyme, chopped • 1½ tsp parsley, chopped • 180 ml beef stock • 1½ tsp cornstarch

1. Prepare the ingredients.
2. Mashed Potatoes:
 - 1) Add 200 ml water to the cooking bowl, add the potatoes to the steam basket and place the steam basket in the bowl.

Make-ahead: you can prepare the mashed potatoes and the meat the day before and finish cooking your shepherd's pie in the oven shortly before your guests arrive!



SAUSAGE AND SWEET POTATO STEW

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Heat the sunflower oil and brown the sausages (in batches if necessary).
4. When the time is up, add the remaining ingredients. Stir gently to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



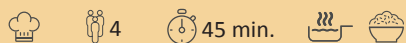
Ingredients

- 4 tsp sunflower oil • 8 pork sausages • 200 g onion, chopped • 2 garlic cloves, finely chopped • 300 g cherry tomatoes • 400 g chopped tomatoes, canned • 400 g sweet potatoes, cut into large chunks • 4 sage leaves, finely shredded • 4 tsp balsamic vinegar • 100 ml water



BIRYANI

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Add the ghee, meat, onion, bay leaf, cardamom, cloves, salt and pepper to the bowl. When the meat has browned, add the remaining spices and stir well.
4. Stir in the yoghurt 2 to 3 minutes. before the time is up.
5. When the time is up, add water. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 30 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Add the half-boiled rice cooked with saffron. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve hot and enjoy!



Ingredients

- 1.3 kg lamb • 500 g basmati rice, half-boiled with saffron
- 1 onion, quartered • 4 garlic cloves, crushed • 150 g plain yoghurt
- 1 bay leaf • 1 cinnamon stick • ½ tsp ground cardamom
- 10 g ginger, peeled and chopped • 2 tsp turmeric • 2 tsp ground coriander • 2 tsp ground cumin
- 3 tsp fresh coriander, chopped • 2 tsp ghee • 1½ L water
- Saffron water • Fried onions • Cloves



CARAMELISED PORK

1. Prepare the ingredients.
2. Marinate the pork in the soy sauce and fish sauce.
3. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. Sprinkle the sugar into the cooking bowl. Cook until it caramelises, keeping a close eye on it so it doesn't burn.
5. Add the pork with its marinade, along with the ginger, garlic and onion.
6. Add the oil, water and cornstarch mixture. Stir well to combine.
7. Close and lock the lid, select the program 'Stew' and set for 12 minutes. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid.
9. Serve immediately with jasmine rice.



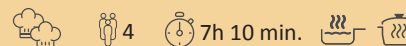
Ingredients

- 4 tbsp castor sugar • 700 g pork loin, chopped into 2 cm cubes
- 2 tbsp soy sauce • 4 tbsp fish sauce • 2 garlic cloves, peeled and crushed
- 2 tsp fresh ginger, the ginger should be finely chopped or grated, peeled and crushed
- 1 red onion, peeled and thinly sliced • 2 tbsp sesame oil • 120 ml water
- 10 g cornstarch diluted in a little water



ADOBO PORK RIBS

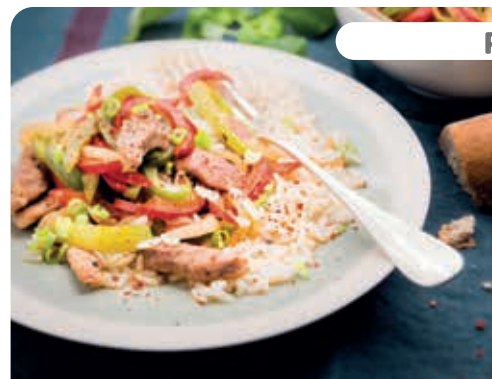
1. Prepare the ingredients.
2. Combine all the ingredients, except the oil, in a bowl and let marinate for 15 minutes.
3. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
4. Heat the oil and brown the pork on all sides (in batches if necessary).
5. Add the marinade and stir.
6. Close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 7 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
7. When the time is up, open the lid carefully, and remove the pork from the pan. Set aside and keep warm.
8. Transfer the sauce to a blender and blend until smooth.
9. Pour the sauce into a bowl, add the pork and stir to coat.
10. Serve and enjoy this tangy, sour, sweet and savory Filipino specialty!



Ingredients

- 600 g pork ribs • 2 tbsp vegetable oil

- Adobo sauce:**
- 1 onion, chopped • 60 ml water • 2 tbsp olive oil • 60 ml beer
 - 2 garlic cloves, chopped • 60 ml vinegar • 2 tsp mustard • 2 tsp Worcestershire sauce
 - 20 g brown sugar • 60 ml tomato sauce • Salt, pepper • Parsley, finely chopped • Chilli pepper



PORK & CAPSICUM STIR FRY

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the garlic, onions and capsicums.
4. When the time is up, add the remaining ingredients. Stir well.
5. Close and lock the lid, select the program 'Stew' and set for 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



Ingredients

- 1 tbsp vegetable oil • 900 g pork loin, sliced
- 2 red capsicum, sliced into strips • 2 green capsicum, sliced into strips
- 100 ml beef stock • 150 g onion, finely sliced
- 2 garlic cloves, crushed • Salt, pepper



ASIAN-STYLE PORK RIBS

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl. Stir well to combine.
3. Close and lock the lid, and select the program 'Stew'. Press the timer dial and turn the control knob to reach 25 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid. Enjoy these juicy and tasty ribs with the side dish of your choice.



Ingredients

- 12 pork spare ribs • 2 garlic cloves, crushed • 1½ tbsp soy sauce • 4 tbsp honey • 175 ml water • 1½ tsp fresh ginger, grated • Salt, pepper



SAUSAGE AND APPLE CASSEROLE

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 15 minutes. Press 'Start'.
3. Brown the sausages all over for 10 minutes. (in batches if necessary). Remove the sausages. Add the onion. Slightly brown in the Stir Fry program for 5 minutes.
4. When the time is up, add the remaining ingredients. Stir gently until combined. Return the sausages to the bowl.
5. Close and fully lock the lid. Select the program 'Stew', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. Serve and enjoy!



Ingredients

- 3 tsp sunflower oil • 8 pork sausages • 100 g onion, sliced • 240 g apple, cored and diced • 500 ml apple juice • 1 tsp dried thyme • 2 tbsp plain flour • 400 g potatoes, peeled and diced



SPICY THAI PORK STIR FRY

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
3. Heat the olive oil and brown the onions for 2 minutes.
4. After 2 minutes, add the pork and brown on all sides. Add the sauces, and continue cooking, stirring frequently.
5. When the time is up and the meat is cooked, garnish with the cashew nuts and Thai basil. Serve with rice.



Ingredients

- 400 g pork tenderloin, sliced very thinly • 3 tbsp peanut oil • 4 spring onions, cut into 3 cm sections • 50 g roasted cashews • 1 tbsp fish sauce • 1 tbsp oyster sauce • 2 tbsp chilli paste • 1 tbsp Thai basil, washed & chopped or fresh coriander



SAUSAGE AND BEAN STEW

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onions and sausages all over (in batches if required).
4. When the time is up, add the remaining ingredients except the sugar. Stir well to combine.
5. Close and lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the herbs. Season. Add sugar, and stir to combine. Serve!



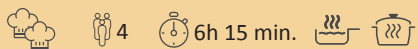
Ingredients

- 1 tbsp sunflower oil • 8 pork sausages • 100 g onion, chopped • 100 g red bell pepper, diced (1 cm) • 400 g canned mixed beans (rinsed and drained) • 400 g canned tomatoes, chopped • 100 g carrot, diced (1 cm) • 2 sprigs of fresh thyme • 2 sprigs of fresh rosemary • 150 ml red wine • 1 tsp sugar



SLOW-COOKED ROAST BEEF

1. Prepare the ingredients.
2. Rub a little oil all over the beef, and season well with salt and pepper.
3. In a bowl, add the carrots and onions with half of the cornflour. Stir to ensure the veggies are evenly coated. Set aside.
4. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
5. Heat the vegetable oil and sear the beef all over for 4 minutes.
6. Add the carrots, onions, beef stock, red wine, tomato puree and sugar, ensuring that the beef is mostly covered with the liquid. Let simmer for 6 minutes.
7. When the time is up, close the lid without locking it and select the program 'Sous Vide'. Press the timer dial and turn the control knob to reach 6 hours. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
8. When the time is up, open the lid carefully, remove the beef and cover with foil to keep warm. Let the beef rest for up to 30 minutes.
9. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
10. Let the remaining liquid reduce and bring the sauce to a gravy consistency, adding the remaining cornflour to thicken (remove a little liquid, mix in the cornflour to make a paste, and stir it back into the gravy).
11. Slice the beef with a sharp knife and coat with plenty of delicious red wine gravy!



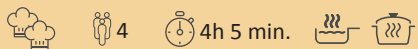
Ingredients

• 1 tbsp vegetable oil • 1 kg topside or top round beef • 500 ml beef stock • 180 ml red wine • 2 carrots, roughly chopped • 1 onion, sliced • 6 tbsp cornflour • 3 tbsp tomato puree • 2 tsp sugar • 1 tsp salt • 1 tsp pepper • 1 tbsp olive oil



SLOW-COOKED BOLOGNESE SAUCE

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial, turn the control knob to reach 5 minutes. Press 'Start'.
3. Add the olive oil and fry the bacon and the ground beef for 5 minutes until browned all over.
4. When the time is up, add the remaining ingredients. Close but don't lock the lid.
5. Select the 'Sous Vide' program, press the timer dial, turn the control knob to reach 4 hours.
6. Press the temperature dial and turn the control knob to reach 80°C. Press 'Start'.
7. When the time is up, your bolognese should be thick and saucy.
8. Serve with spaghetti and grated parmesan for a classic Italian dish your guests will love!



Ingredients

• 2 tbsp olive oil • 2 smoked bacon rashers, chopped • 500 g lean ground beef (or use half beef, half pork) • 1½ onions, finely chopped • 1½ carrots, finely chopped • 1 celery stalk, finely chopped • 2 garlic cloves, crushed • 160 g mushrooms, sliced • 600 g chopped tomatoes, canned • 2 tbsp tomato purée • 1 tsp dried mixed herbs • 1 bay leaf • 80 ml red wine (optional) • 3 tsp red wine vinegar • 1 pinch of sugar • Parmesan, grated



HEARTY BEEF AND ALE CASSEROLE

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Heat the vegetable oil and brown the meat and onion, stirring frequently.
4. When the time is up, add all the remaining ingredients. Stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 30 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the bay leaf and thyme. Stir in the cornflour to thicken. Season to taste and serve.



Ingredients

• 1 tbsp vegetable oil • 500 g braising or stewing beef, cubed • 200 g onion, chopped • 300 g carrots, peeled and sliced (1.5-cm) • 150 ml beef stock • 2 tsp Dijon mustard • 250 ml Stout • 2 dried bay leaves • 4 sprigs of fresh thyme • ½ tsp sugar • Cornflour



EASY BEEF BOLOGNESE

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes.
3. Heat the olive oil and brown the ground beef, onions and garlic. Break up clumps in the ground beef with a spatula.
4. Add remaining ingredients, season and stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Remove the bay leaf. Ladle onto your favorite pasta, and enjoy!



Ingredients

• 600 g lean ground beef • 100 g onions, finely chopped • 2 tsp olive oil • 2 garlic cloves, crushed • 500 g crushed tomatoes, canned • 1 crumbled beef stock cube • 2 bay leaves • Cornflour (to thicken) • 160 ml wine



BEEF GOULASH

1. Prepare the ingredients and season the beef.
2. Select the 'Stir Fry' program, press the timer dial, turn the control knob to reach 15 minutes. Press the temperature dial and turn the control knob to reach 140°C. Press 'Start'.
3. Add the olive oil and sear the beef in batches for 8 minutes until browned on all sides. Set aside.
4. Add the onions to the cooking bowl and cook for 2 minutes until lightly golden. Add the capsicums and garlic and cook for another 5 minutes. Stir in the flour, spices, tomato purée, tomatoes and beef stock.
5. When the time is up, add the beef back to the bowl. Add more beef stock if necessary, to cover the meat completely.
6. Close and fully lock the lid. Select the program 'Stew', press the timer dial, turn the control knob to reach 30 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. The beef should be tender and the sauce slightly thickened. Season to taste and swirl the sour cream throughout the stew. Garnish with fresh parsley.
9. It's the perfect cozy dish to impress your guests!



Ingredients

• 2 tbsp olive oil • 1.3 kg braising or stewing beef, cut into chunks • 2 small onions, finely chopped • 2 capsicums, cut into 4-cm chunks • 2 garlic cloves, crushed • 4 tsp flour • 2 tsp hot smoked paprika • 1 tsp sweet smoked paprika • 3 tbsp tomato purée • 3 large tomatoes, cut into small chunks • 400 ml beef stock • 200 ml sour cream • Parsley, chopped



BEEF MADRAS CURRY

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the oil and brown the meat and onion.
4. When the time is up, add the remaining ingredients. Stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve with rice and garnish with chopped coriander!



Ingredients

• 1 tbsp sunflower oil • 500 g cubed (2.5 cm) braising or stewing beef • 150 g onion, chopped • 75 g apple peeled and chopped • 140 g madras curry paste • 1 tbsp tomato purée • 2 tsp curry powder • 50 g sultanas (optional) • 175 ml beef stock



BEEF TACOS

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onion and ground beef. Break down any lumps of ground beef with a spatula.
4. Add the taco seasoning, tomatoes, tomato purée and water. Season to taste and stir well to combine.
5. Close and lock the lid, select the program 'Stew' and set for 10 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve with taco shells, grated cheese and lettuce. Enjoy!



Ingredients

• 1 tbsp vegetable oil • 500 g ground beef • 150 g onion, finely chopped • 30 g taco seasoning mix • 400 g canned tomatoes, chopped • 1 tbsp tomato purée • 100 ml water • Grated cheese • Salt, pepper • Taco shells • Lettuce



BEEF BURRITOS

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onion, capsicums and ground beef for 8 min. Break down any lumps of ground beef with a spatula
4. Add the tomato purée, beans and chilli powder. Season and stir well to combine. Continue cooking using the Stir Fry program for 12 minutes.
5. Add the grated cheddar, and stir until melted. Add a lettuce leaf to each tortilla and top with the beef filling.
6. Roll up, and enjoy!



Ingredients

• 1 tbsp vegetable oil • 700 g ground beef • 100 g kidney beans, canned • 100 g onion, chopped • 150 g green capsicum, finely sliced • 2 tsp tomato purée • 150 g cheddar, grated • 2 tsp chilli powder • 4 tortillas, 20 cm diameter • 4 lettuce leaves



CHILLI CON CARNE

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Add the vegetable oil, and brown the onions and ground meat.
4. When the time is up, add the remaining ingredients and stir well to combine.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.



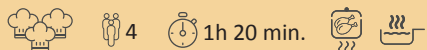
Ingredients

• 1 tbsp vegetable oil • 1 onion, diced there is no chilli powder/spice in the chilli con carne recipe. Without this spice, the recipe is just a savoury mince. • 500 g ground beef • 1 small red chilli, chopped • 400 g kidney beans, canned • 500 ml pureed tomatoes • 250 g corn, canned • Salt, pepper



COLOMBIAN FLANK STEAK IN CREOLE SAUCE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl. Stir well.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 1 hour. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Remove the flank steak, cut into portions and set aside. Drain the beef stock through a sieve and reserve about 500 ml.
6. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 20 minutes. Press the temperature dial and turn the control knob to reach 150°C. Press 'Start'.
7. Heat the vegetable oil and brown the onions, green onions and garlic for 5 minutes. Add the tomatoes and cook for 5 minutes. or until softened. Pour in the beef stock you reserved earlier and season with thyme, oregano and cumin.
8. Add the flank steak back to the cooking bowl 2 min. before the time is up, to reheat it.
9. When the time is up, serve with potatoes and/or white rice. Enjoy.



Ingredients

For the meat: • 1 kg flank steak • 1.8 L beef stock • Salt, pepper • 1 onion, sliced • 3 spring onions sliced • 2 garlic cloves, crushed

For the sauce: • 2 tbsp vegetable oil • 1 onion, chopped • 3 spring onions, chopped • 2 garlic cloves, crushed • 5 tomatoes, chopped • 1 tsp thyme • 1 tsp oregano • ½ tsp ground cumin • 2 bay leaves



BACON AND LEEK RISOTTO

1. Prepare the ingredients.
2. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
3. Heat the olive oil and brown the onion and bacon for 3 minutes.
4. Add leeks and cook for 2 minutes more.
5. Add rice. Stir to coat. Add stock and peas. Stir well to combine.
6. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 10 minutes. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Stir in the grated Parmesan. Season to taste and serve!



Ingredients

• 1 tbsp olive oil • 200 g onion, chopped • 150 g leeks, thinly sliced • 150 g smoked bacon, cubed • 300 g arborio rice • 750 ml chicken stock • 75 g frozen peas • 25 g fresh Parmesan, grated



CANTONESE-STYLE RICE

1. Prepare the ingredients.
2. Beat the eggs in a bowl.
3. Select the 'Stir Fry' program. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
4. Heat the sesame oil. Scramble the eggs for 3 minutes. Set aside.
5. Brown the bacon and the white parts of the onions for 3 minutes.
6. Add the remaining ingredients.
7. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid. Add the scrambled eggs and the green parts of the spring onion. Stir.



Ingredients

• 240 g jasmine rice • 2 eggs • 2 tbsp frozen peas • 2 tbsp sweet corn • 2 spring onions, white parts chopped, green parts thinly sliced • 200 g frozen cooked prawns • 3 tbsp bacon, diced • 2 tsp sweet soy sauce • 2 tbsp sesame oil • 330 ml water

Enjoy this rice as a main or serve with your favorite Asian-style dish!



CHICKEN & RICE

1. Prepare the ingredients.
2. Add all the ingredients to the cooking bowl except for the soy sauce and honey. Stir well.
3. Close and lock the lid, select the program 'Rice', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add the soy sauce and honey. Stir well. Serve!



Ingredients

• 600 g chicken filets, sliced • 450 g rice • 750 ml chicken stock • 3 slices fresh ginger • 40 g leeks, sliced • 4 tbsp soy sauce • 4 tbsp honey • ½ tsp salt



CHICKEN AND CHORIZO RISOTTO

1. Prepare the ingredients.
2. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 5 minutes.
3. Heat the vegetable oil and brown the chorizo, chicken and onion (in batches if necessary).
4. When the time is up, add the rice and stir to coat. Stir in the remaining ingredients.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



Ingredients

• 1 tbsp vegetable oil • 100 g chorizo, diced • 250 g boneless skinless chicken thighs, diced • 150 g red onion, chopped • 300 g arborio rice • 60 g sundried tomatoes, roughly chopped • 1 tsp smoked paprika • 2 garlic cloves, finely chopped • 600 ml chicken stock • 50 g yellow capsicum, diced (2-3 cm)



CREAMY CHICKEN PASTA

1. Prepare the ingredients.
2. Add all the ingredients, except the cream cheese, to the cooking bowl. Season to taste, and stir well to combine.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add the cream cheese and stir. Close the lid without locking it and let stand for 5 minutes.
6. Serve and enjoy!



Ingredients

• 240 g macaroni pasta • 400 g chicken filets, cut into small cubes • 100 g cream cheese • 100g mushrooms sliced • Handful baby spinach • 500 ml vegetable stock • Salt, pepper



CHICKEN AND MUSHROOM FUSILLI

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Lightly brown the bacon and chicken on all sides for 5 minutes. (in batches if necessary).
4. Add the remaining ingredients. Stir well until combined.
5. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve and enjoy!



Ingredients

• 150 g bacon, cut into matchsticks • 350 g boneless skinless chicken thighs, cut into small cubes • 200 g mushrooms, diced • 150 g zucchini, cut into small cubes • 800 g diced tomatoes, canned • 2 garlic cloves, crushed • 1 tbsp tomato paste • 2 tsp dried mixed herbs • 250 g fusilli pasta • 270 ml water



CHICKEN PAELLA

1. Prepare the ingredients.
2. Season chicken with salt and pepper.
3. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 8 minutes.
4. Heat the olive oil and brown the chicken on all sides, in batches if necessary for 6 minutes.
5. Add onion, red pepper and garlic and Stir Fry for 2 minutes more.
6. Add the remaining ingredients and stir well to combine.
7. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid.
9. Season to taste, serve and enjoy!



Ingredients

• 450 g boneless, skinless chicken breast or thigh • 2 tbsp olive oil • 1 onion, chopped • 2 garlic clove, minced • 1 red capsicum, chopped • 2 chorizo sausage, sliced • 1 tsp saffron • 260 g white rice, long grain • 120 ml dry white wine • 700 ml chicken stock • 80 g frozen peas • Salt, pepper



CHICKEN TIKKA MASALA

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the sunflower oil and brown the onion and chicken.
4. When the time is up, add the remaining ingredients. Stir well.
5. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve with rice or naan.
It's the ultimate comforting dish to serve your family!



Ingredients

• 2 tbsp sunflower oil • 200 g onion, minced • 600 g boneless skinless chicken breasts or thighs, diced • 140 g tikka curry paste • 2 tbsp tomato purée • 150 ml water • 100 ml double cream or natural yogurt



EASY SEAFOOD PAELLA

1. Prepare the ingredients.
2. Select the 'Stir Fry' program, press the timer dial and turn the control knob to reach 3 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the chorizo, garlic and onion.
4. Add the remaining ingredients, except the seafood mix.
5. Close and fully lock the lid and select the program 'Rice'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Stir in the seafood mix, and close the lid without locking it.
8. Let stand for 5 minutes.
9. Serve and enjoy.
Get the taste of Spain on your plate in no time!



Ingredients

• 1 tbsp vegetable oil • 100 g chorizo, diced • 2 garlic cloves, finely chopped • 100 g onion, diced • 2 tsp smoked paprika • 300 g arborio rice • 400 g canned tomatoes, chopped • 100 g frozen peas • 600 ml vegetable stock • 350 g frozen cooked seafood mix, defrosted



JAPANESE MIXED RICE

1. Prepare the ingredients.
2. Add all ingredients to the cooking bowl. Stir well.
3. Close and fully lock the lid. Select the program 'Rice', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Serve and enjoy.



Ingredients

• 480 g Japanese short-grain rice, rinsed • 100 g minced pork • 60 g carrot, sliced • 470 ml dashi stock or fish stock • 2 tbsp soy sauce • ½ tsp ginger, grated • 2 tbsp sake • 50 g shiitake or oyster mushrooms • 1 tsp sugar



ONE POT PASTA PIZZA STYLE

1. Prepare the ingredients.
2. In the cooking bowl, mix the purée, water, pasta, salt, pepper, seasoning and mushrooms. On top, add the mozzarella, ham and a few olives as if topping a pizza.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 4 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Mix and serve.
This is the best one-pot pasta for all you pizza-lovers out there!



Ingredients

• 300 g farfalle pasta • 400 g tomato purée • 300 g mushrooms, diced • 4 slices of ham or pancetta • 2 bocconcini balls, broken into pieces • 2 tsp italian seasoning • 300 ml water • Salt and pepper • 20 pitted black olives (optional)



TEX-MEX CHILLI PASTA

1. Prepare the ingredients.
2. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
3. Heat the vegetable oil and brown the onion, garlic, carrot and ground beef. Season with the chilli powder. Break down any lumps in the ground beef with a spatula.
4. Add the macaroni, water and tomatoes. Stir until well combined.
5. Close and lock the lid, select the program 'Stew'. Press the timer dial and turn the control knob to reach 8 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Serve hot with grated cheddar and fresh, homemade guacamole.



Ingredients

• 1 tbsp sunflower oil • 100 g onion, chopped • 2 garlic cloves, crushed • 150 g corn kernels • 400 g ground beef • 2 tsp chilli powder • 150 g macaroni • 200 ml water • 400 g canned tomatoes, chopped • 100 g cheddar, grated



STEAMED MISO SALMON WITH NOODLES AND VEGGIES

1. Prepare the ingredients.
2. Stir together the honey, miso paste and soy sauce. Coat the salmon fillets with the marinade, and let sit for approximately 10 minutes.
3. Place the salmon fillets in the steam basket. Add the vegetable stock to the bowl, and stir in the rest of the marinade. Place the steam basket in the bowl.
4. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 6 minutes. Press 'Start'.
5. When the time is up, press the steam release button to fully release the pressure before opening the lid.
6. Remove the steam basket, and set the salmon aside. Add remaining ingredients to the cooking bowl.
7. Close and fully lock the lid and select the program 'Soup'. Press the timer dial and turn the control knob to reach 1 minute. Press 'Start'.
8. When the time is up, press the steam release button to fully release the pressure before opening the lid.
9. Stir well, and portion out the noodles and vegetables onto plates. Top with the cooked salmon, and serve.



Ingredients

• 1 tsp honey • 2 tbsp miso paste • 2 tsp soy sauce • 4 salmon fillets (approx 135 g each) • 750 ml fresh vegetable stock • 60 g spring onions, finely sliced • 120 g spring greens, finely shredded • 120 g baby corn • 600 g cooked soba noodles • 2 tsp fresh ginger, grated



CIDER CHICKEN POT ROAST

1. Prepare the ingredients.
2. Brush the oil all over the chicken.
3. Select the program 'Stir Fry', press the timer dial and turn the control knob to reach 10 min. Press 'Start'.
4. Heat the butter and brown the chicken on all sides. Remove the chicken from the bowl. Brown the leeks, mushrooms, bacon and garlic.
5. Add the bacon, and place chicken on top of the vegetables. Add the cider.
6. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 35 min. Press 'Start'.
7. When the time is up, press the steam release button to fully release the pressure before opening the lid.
8. Season the sauce to taste and thicken with cornflour.
9. Stir in the single cream or crème fraîche and serve!



Ingredients

• 1 tbsp sunflower oil • 1 kg fresh chicken • 75 g leeks, cut into 1.5 cm chunks • 50 g mushrooms, quartered • 50 g speck • 1 garlic clove, crushed • 10 g butter • 200 ml cider • 1 tbsp chopped flat leaf parsley • 1½ tbsp single cream or creme fraiche • Cornflour, to thicken



SPICED APPLES

1. Prepare the ingredients.
2. Line the steam basket with a round piece of baking paper and add the apples.
3. Stir together the dried fruit and brown sugar. Stuff the dried fruit mixture into the hollows of the apples.
4. Pour the apple juice into the cooking bowl, and place the steam basket in the bowl.
5. Close and fully lock the lid. Select the program 'Steam', press the timer dial and turn the control knob to reach 5 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid. It's the perfect treat with a scoop of vanilla ice cream on the side.

If your apples are on the smaller side, reduce the cooking time to 4 min.

Ingredients

- 4 green apples, cored
- 60 g mixed dried fruits
- 60 g brown sugar
- 1 tsp allspice
- 200 ml apple juice

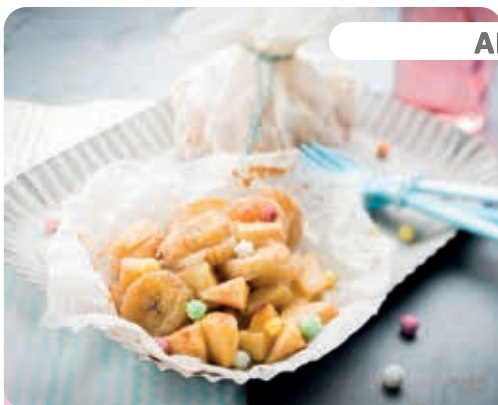


CHOCOLATE MOLTEN PUDDINGS WITH PEANUT BUTTER

1. Prepare the ingredients.
2. Grease the individual pudding molds with butter and dust with cocoa powder.
3. Melt the chocolate and butter together in a bowl suspended over a pan of barely simmering water. Remove from heat and let cool slightly.
4. Whisk the eggs, egg yolks and caster sugar together in a large bowl, until thick and mousse-like in texture.
5. Carefully fold the cooled melted chocolate and butter into the egg and sugar mixture. Finally sift the flour over the top and fold in, taking care not to knock the air out of the mixture.
6. Divide two thirds of the mixture equally between the prepared molds (fill them about halfway). Spoon a heaping teaspoon of peanut butter into the middle of each mold and spoon over equal amounts of the remaining chocolate mixture.
7. Pour 200 ml water into the cooking bowl. Place the puddings in the steam basket and place the steam basket in the bowl.
8. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 12 minutes. Press 'Start'.
9. When the time is up, press the steam release button to fully release the pressure before opening the lid.
10. The puddings should be risen but not cracked. They should still have a slight wobble.
11. Turn out and serve immediately.

Ingredients

- 2 tbsp cocoa powder, for dusting
- 110 g 70% dark chocolate
- 110 g unsalted butter
- 2 eggs
- 2 egg yolks
- 60 g caster sugar
- 2 tbsp plain flour
- 4 heaped tsp smooth peanut butter
- 200 ml water



APPLE & BANANA COMPOTE

1. Prepare the ingredients.
2. Spread the fruit onto baking paper, and fold into a parcel. Put the parcel in the steam basket, then place the basket in the bowl with 200 ml water.
3. Close and fully lock the lid. Select the program 'Steam', press the timer dial and turn the control knob to reach 7 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Add the vanilla, honey and lemon juice, and mash with a fork or blend. Chill.

A healthy and tasty snack for the little ones!

Ingredients

- 4 bananas, peeled and cut into small chunks
- 1 Green apple, peeled, cored and diced
- 1 vanilla pod, split open lengthwise and scraped
- 4 tsp honey (optional)
- 2 tsp lemon juice



RICE PUDDING

1. Add milk, water, rice and salt to the cooking bowl. Stir to combine.
2. Close and fully lock the lid. Select the program 'Rice'. Press the timer dial and turn the control knob to reach 20 minutes. Press 'Start'.
3. When the time is up, press the steam release button to fully release the pressure before opening the lid.
4. Add the sweetened condensed milk and vanilla and stir.
5. Sprinkle with cinnamon to serve.

Ingredients

- 230 ml milk
- 280 ml water
- 175 g long grain white rice
- 4 tbsp sweetened condensed milk
- ½ tsp vanilla paste
- 1 pinch of salt
- Ground cinnamon for garnish





BANANA BREAD

1. Prepare the ingredients.
 2. Mix all the ingredients in a bowl and pour the dough into a mold that fits into the steam basket.
 3. Pour 200 ml water into the cooking bowl. Place the mold in the steam basket and cover the mold with foil paper. Place the steam basket in the cooking bowl.
 4. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 45 minutes. Press 'Start'.
 5. When the time is up, press the steam release button to fully release the pressure before opening the lid.
- Enjoy for breakfast, brunch or as savoury snack.



Ingredients

- 2 bananas • 100 g flour • 50 g sugar • 120 ml milk • 70 g butter, melted • 60 g oatmeal • Chocolate chips (optional)
- 1 tsp baking powder • 2 eggs



DELICIOUS NUTTY BROWNIES

1. Prepare the ingredients.
2. Beat the butter and sugar in a large bowl. Mix in the egg, flour, applesauce and baking powder.
3. Select the program 'Stir Fry'. Press the timer dial and turn the control knob to reach 2 minutes. Press 'Start'.
4. Caramelize the almonds with the rice syrup while stirring constantly. Set aside.
5. Fill the cooking bowl with the batter and even out the surface with a spatula.
6. Close the lid without locking it and select the program 'Bake'. Press the timer dial and turn the control knob to reach 40 minutes. Press the temperature dial and turn the control knob to reach 160°C. Press 'Start'.
7. When the time is up, let cool and sprinkle with the caramelized nuts. Serve and enjoy!



Ingredients

- 50 g butter (room temperature) • 120 g raw sugar • 120 g almond flour • 4 tbsp unsweetened cocoa powder • 70g dark chocolate, grated • 3 tsp baking powder • 300 g applesauce
- 2 eggs • 60 g almonds, blanched, roughly chopped • 2 tbsp rice syrup (or honey)

These brownies are lower in fat and sugar but not in pleasure!



CARROT CAKE

1. Prepare the ingredients.
2. Beat all the ingredients together until combined.
3. Pour the mixture into the cooking bowl.
4. Close the lid without locking it and select the program 'Bake'. Press the timer dial and turn the control knob to reach 55 minutes. Press the temperature dial and turn the control knob to reach 160°C. Press 'Start'.
5. When the time is up, let cool and enjoy!
Your guests will love this classic dessert.



Ingredients

- 2 eggs • 120 g soft brown sugar • 4 tbsp sunflower oil
- 100 g carrots, peeled and grated • 120 g self-raising flour • 1 tsp allspice



LEMON CHEESECAKE

1. Prepare the ingredients.
2. Crumble the biscuits into a coarse powder, add the melted butter and mix. With a spoon tightly pack the bottom of the cooking bowl with this mixture and set aside while you prepare the rest.
3. Combine the ricotta and cream cheese with sugar, eggs, lemon juice and half of the lemon curd. Pour this mixture over the biscuits in the cooking bowl.
4. Close but don't lock the lid. Select the 'Bake' program, press the timer dial and turn the control knob to reach 30 minutes. Press the temperature dial and turn the control knob to reach 100°C. Press 'Start'.
5. When the time is up, the surface should be slightly soft in the middle.
6. Let cool at room temperature for 3 hrs, then spread the surface of your cheesecake with 1 tablespoon of lemon curd.
7. Garnish with the lemon zest before serving. Serve chilled.



Ingredients

- 180 g plain biscuits • 50 g melted butter • 255 g ricotta
- 255 g cream cheese • 60 g sugar • 3 eggs • 3 tbsp lemon juice • 75 g lemon curd • Zest of 1½ lemons

Caution: the surface of the cheesecake is very sensitive to temperature variations and can crack! After cooking, let the cheesecake rest for 5 minutes in the machine. Then take it out and allow it to rest at room temperature until completely cool before placing in the bottom of your fridge. It will be even tastier the next day!



CHOCOLATE CHEESECAKE

1. Prepare the ingredients.
2. Combine the cookie crumbs and butter. Divide evenly and press into the bottoms of the ramekins. Bake for 10 minutes at 180°C. Let cool.
3. Mix the remaining ingredients in a bowl until smooth. Pour into the prepared ramekins. Cover each with foil.
4. Add 200 ml water to the bowl of the pressure cooker. Place the steam basket in the bowl. Place up to 3 prepared ramekins in the basket.
5. Close and fully lock the lid and select the program 'Steam'. Press the timer dial and turn the control knob to reach 17 minutes. Press 'Start'.
6. When the time is up, press the steam release button to fully release the pressure before opening the lid.
7. Carefully remove the ramekins using kitchen mitts, and repeat the cooking process with the remaining ramekins.
8. Allow to cool before serving.
Chocolaty, creamy and delicious, these are sure to delight your friends and family!



Ingredients

- 4 Oreo cookies, crushed
- 2 tbsp butter, melted
- 225 g cream cheese
- 100 g sugar
- 2 eggs, lightly beaten
- 120 g heavy cream
- 1 tsp unsweetened cocoa powder
- 65 g dark chocolate, melted
- 4 ramekins, buttered
- 200 ml water



COCONUT FLAN

1. Beat the eggs with the sugar until the mixture turns white.
2. Pour the coconut milk with the shredded coconut into the cooking bowl. Add the beaten eggs, stirring constantly for 1-2 minutes.
3. Close and fully lock the lid and select the program 'Stew'. Press the timer dial and turn the control knob to reach 14 minutes. Press 'Start'.
4. When the time is up, press the steam release button to fully release the pressure before opening the lid.
5. Then carefully remove the flan from the cooking bowl and refrigerate for at least 3 hours.

Serve a caramel sauce with your flan, if desired.



Ingredients

- 400 ml coconut cream
- 6 tbsp shredded coconut
- 4 eggs
- 100 g sugar or coconut sugar



PANNA COTTA

1. Soak the gelatine sheets for 5 minutes in cold water.
2. Warm the milk over low heat in a saucepan. Stir together the sugar, sieved corn flour and egg yolks with a spatula, pour into the saucepan and continue to cook over medium heat, stirring regularly. Add the drained gelatine and mix well.
3. Pour a layer of caramel on the bottom of the cooking bowl. Spread the mixture very carefully.
4. Close the lid without locking it and select the program 'Bake'. Press the timer dial and turn the control knob to reach 25 minutes. Press the temperature dial and turn the control knob to reach 100°C. Press 'Start'.
5. Let cool and refrigerate before serving.



Ingredients

- 400 ml milk
- 60 g sugar
- 8 g corn flour
- 4 egg yolks
- 2 gelatine sheets (2 g)
- 1 vanilla bean or ½ tsp vanilla bean paste
- caramel



TASTY & EASY VANILLA YOGHURT

1. Prepare the ingredients.
2. In a bowl, combine the milk with sugar, yogurt and powdered milk.
3. Add the seeds of the vanilla pods. Mix well to combine.
4. Pour the preparation into the cooking bowl.
5. Close the lid without locking it and select the program 'yoghurt'. Press the timer dial and turn the control knob to reach 9 hours. Press 'Start'.
6. When the time is up, open the lid and carefully pour the yoghurt into the jars.
7. Place them in the refrigerator for at least 4 hours.



Ingredients

- 540 ml whole milk
- 1 tbsp sugar
- 80 g whole milk yoghurt
- ½ vanilla pod
- 1½ tbsp milk powder

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